

125 WAYS TO LOOK GREAT—INSTANTLY!

TONS OF
USEFUL STUFF

Men's Health

LEAN MUSCLE DIET

POWERFOODS THAT
SCULPT YOUR BODY!

BREAK THE SEX RULES

(STEP ONE: DO IT IN THE OFFICE.)

24-HOUR TESTOSTERONE BOOSTERS

STRIP AWAY MONEY STRESS

SEPTEMBER 2012 MENSHEALTH.COM



NEW!
ULTIMATE
SPEED
SHRED
PLAN

THE
FLAT-
BELLY
MUSCLE
(AND HOW TO
WORK IT)

BE THE
MAN
YOUR DOG
THINKS YOU ARE

THE
EXPENDABLES 2
STAR
**Liam
Hemsworth**
"I FEEL GOOD IN
MY OWN BODY."

Health

Rub hands
together until
thoroughly
contaminated.

You're Doing It Wrong

11 ways you may be sabotaging your
health - when you think you're saving it

BY PAIGE GREENFIELD
PHOTOGRAPH BY CLAIRE BENDIST

know how to dry your hands. Or apply sunscreen. Or slip on a condom. Yes, we mean stuff *that* simple.

The point is not to make you feel stupid but to help you do something smart. In other words, we want to help you take hold of the controls before you crash. “Making small corrections to the things you’re already doing can have a major impact on your overall health,” says Ted Epperly, M.D., the *Men’s Health* family medicine advisor. Now about that condom . . .



Applying sunscreen

MISTAKE: WASHING YOUR HANDS AFTERWARD

This is one time you *don't* want to wash your hands. If you suds up after slathering on sunscreen, you leave a crucial surface exposed to harmful UV rays. “I frequently see accelerated aging on the hands because people forget to apply sunscreen there,” says Northwestern University dermatologist Amy Derick, M.D. Apply about as much sunscreen to your hands as you would if you were moisturizing with lotion—and don't forget your nails. Yes, they're dead cells, but the tissue underneath is active and susceptible to melanoma and other skin cancers, the Skin Cancer Foundation warns.